Bibliotherapy

*Deepen your understanding through therapeutic reading*

You can use the Bibliotherapy to:

- Broaden your knowledge of a subject area;
- Answer some of your questions about a problem or issue;
- Support your counselling therapy

There is good evidence that self-help and other motivational books can support and educate people about many common types of emotional and mental health difficulties. Reading around the subject can broaden understanding of the problem or condition. Not all people find the same book helpful: different books and different approaches suit different people.

The University library now holds a range of information and self-help books – Bibliotherapy. Many of these books have been reviewed by members of the University’s Counselling & Wellbeing service. The books, which have been particularly chosen for their quality and appropriateness to student life, can be borrowed from the Library in the normal way. Most of them can be found on the second and third floors. The list of books available is shown below, categorised by subject area.

Reading one of the Bibliotherapy books may be a starting point in identifying or dealing with a problem or it may prompt the reader to seek further, professional support from their GP or the Counselling service.

Remember that no one changes without making an effort: Many of the books in our list will offer a structured programme of activity, perhaps even require some homework. As with other self-help methods, the effectiveness of these books will largely depend on a reader who wants to make changes and who is prepared to take time to try out the advice.

Finally, remember that this booklist is not intended to be exhaustive or exclusive. There are bound to be many more excellent books available and we would welcome your feedback and suggestions of other texts which you have found useful and would like to recommend to other students.

*Please use our online feedback form to let us have your views and recommendations.*

**BOOKLIST: BY SUBJECT AREA:**

**ADDICTIONS (ALCOHOLISM/GAMBLING)**

“First steps out of Problem Drinking” by John McMahon, Lion, 2010

“First Steps out of Problem Gambling” by Lisa Ustock & Joanna Hughes, Lion Hudson, 2011

“Kick the Drink...Easily!” by J Vale, 2011
ANGER
“Overcoming Anger and Irritability” by William Davies, Constable & Robinson, 2000

ANXIETY (SEE ALSO STRESS/PANIC ATTACKS)
“Evolving Self Confidence: how to become free from anxiety disorders and depression” Dixon, T 2007

“How to Free yourself from Anxiety”, Emma Fletcher and Martha Langley, 2009

AUTISM/ASPERGER SYNDROME


ASSERTIVENESS
“Evolving Self Confidence: how to become free from anxiety disorders and depression” by Dixon T (2007)


BEREAVEMENT
“First Steps through Bereavement” by Sue Mayfield, Lion Hudson, 2011


COGNITIVE BEHAVIOUR THERAPY (CBT)
“Overcoming Anger and Irritability” by William Davies, Constable & Robinson, 2000


DEPRESSION GENERAL
“I Had a Black Dog” by Matthew Johnstone, Constable & Robinson Ltd, 2007

“Living with a Black Dog” by Matthew Johnstone, Constable & Robinson Ltd, 2009

“Sunbathing in the Rain” by Gwyneth Lewis, Fourth Estate, 2011


“Beat the Blues before They Beat You – How to Overcome Depression” by Robert Leahy, Hay House, 2010

“First Steps out of Depression” by Sue Atkinson, Lion Hudson, 2010
“Break the Bipolar Cycle – a day by day guide to living with Bipolar disorder”, by Elizabeth Brondolo and Xavier Amador, McGraw Hill, 2008

**EATING DISTRESS**
“First Steps out of Eating Disorders” by Kate Middleton & Jane Smith, Lion Hudson, 2010
“Getting better bit (e) by bit (e)” by Ulrike Schmidt & Janet Treasure, published by Psychology Press Ltd, 1993
“Overcoming Bulimia Nervosa and Binge Eating”, by Cooper P (2009)

**HAPPINESS**
“How to be fabulously happy – most of the time!” by Ash Charlton, Ace Training, 2012

**INSOMNIA AND SLEEP PROBLEMS**
“Overcoming Insomnia and Sleep Problems” by Colin A Espie, published by Constable and Robinson Ltd, 2010

**MINDFULNESS**
“Quiet the Mind: An illustrated guide on how to meditate”, by Matthew Johnstone, Constable & Robinson Ltd, 2011
“Mindsight—Transform your brain with the new science of kindness” by Daniel Segal, One World, Oxford, 2011

**MOTIVATION**
“Drive – the surprising truth about what motivates us” by Daniel Pink, Canongate Books, 2011
“Mind Whispering – a new map to freedom from self-defeating emotional habits” by Tara Bennett-Goleman, published by Rider, 2013
“The Start-up of You” by Reid Hoffman and Ben Casnocha, 2013
“Bounce” Syed, Matthew (2011)

**OBSESSIVE COMPULSIVE DISORDER (OCD)**

**PERFECTIONISM**
“Letting Go of Perfectionism” by J Earley, and B Weiss, 2012
“Overcoming Perfectionism”, by R Shafran, S Egan and T Wade, 2010

**PERSONALITY DISORDERS**
“Sometimes I act crazy: Living with borderline personality disorder”, by J Kreisman & H Straus, 2004
PSYCHOLOGICAL THINKING
“The brain that changes itself” by Doidge, published by Penguin Group, 2007

“Healing without Freud or Prozac” by Dr David Servan-Schreiber, 2011

“Pocket guide to interpersonal neurobiology – an integrative handbook of the mind” by Daniel J Siegel, 2012

RELATIONSHIPS
“Families and How to Survive Them” by Robin Skynner & John Cleese, Vermillion, 1983

Self confidence

SELF-HARM/SELF INJURY
“Self-Harm: the Path to Self-Recovery” by Dr Kate Middleton & Sarah Garvie, Lion Books, 2008

SPECIFIC LEARNING DIFFICULTIES

STRESS/PANIC DISORDERS
“Total Stress Relief – practical solutions that really work” by Vera Peiffer, Piatkus, 2003

“Understanding Panic Attacks and overcoming fear” by Dr Roger Baker, Lion Books, 2003

“Panic Attacks” by Ingham, C (2000)

“When Panic Attacks” by David Burns, 2010

WELLBEING
“49 Ways to eat yourself well” by Martina Watts, Step Beach press Ltd, 2013 Alcoe, J and Gajewski E. “49 Ways to Think Yourself Well” 2013

“A man’s guide to managing his feelings” by Kundtz, David 2004

“Quiet Mind - One Minute Retreats from a Busy World” by David Kundtz, 2000